

## **ABSTRACT**

A vertical adjustment apparatus is described for use in the field of workstation design. The vertical adjustment apparatus is attachable to a workstation and operates to selectively raise and lower a device, such as a keyboard, such that the device may be utilized by a user in a seated position, as well by the user in a standing position, such that the apparatus allows the device to be elevated to a 95<sup>th</sup> percentile standing elbow rest height. A locking means for to selectively lock an upper tray at a predetermined height above a base tray is also described. The apparatus may include a power means for adjusting the height of the upper tray over the base tray. A method of adjusting a device for use by a user in a seated and in a standing position is also disclosed.